



Pre-School Swim Lessons

Session #3 January 3 to February 19, 2005

The Bridgewater Recreation Department will be sponsoring swim lessons with and held at the Somerset Valley YMCA, for boys and girls ages 6 months to 6 years old. *Proof of age is not required, but if your child is found not to be eligible for this class, your child will be expelled from session and no refund will be issued.* Lessons meet once a week at the Somerset Valley YMCA (Garretson Road in Bridgewater) for one half hour for seven weeks. No refunds, credits or make-ups will be given unless two or more classes are missed due to medical reasons.

Parent/Child: 6 months to 3 years **Beginner with Parent:** 2 ½ to 3 ½ years **Beginner, Intermediate and Advance:** ages 3 to 6 years

Parent/Child – Parent goes in the water with child and lessons are conducted in the above ground pool. Water acclimation and adjustment program for children focusing on water fun and acclimation, communication creativity, body awareness, sharing and independence. Independent growth is encouraged and supported by certified staff. **Beginner with Parent** – is a transition class for the child who is close to meeting the requirements for Beginner and for the starting swimmer who is hesitant beginning alone. The class will focus more on skills than the Parent/Child, but will still provide time for games and self discovery. The instructor will act as a guide and lead the parents in skill performance so they become active participants in their child's learning. Successful completion for progression to Beginner will include increased acclimation to the water, independence from parent, and 3 years of age. **Beginner** – Children wear full bubbles and lessons are conducted in the above ground pool. Water adjustment, entry into and exit from pool, blowing bubbles with face in the water, jumping into the water with help and independently kicking on back are covered. Children who can kick the length of the pool with a barbell, back float with help and paddle stroke the length of the pool in prone position with splashing toes may progress to Intermediate. **Intermediate** – Covers bobbing, prone float with face in water, rhythmic breathing with barbell, swimming with half bubble and sitting dives. Must kick the length of the pool with a barbell, back float with help and paddle stroke the length of the pool in prone position with rhythmic breathing and splashing toes, lessons conducted in the big pool. **Advance** – Covers bobbing, standing dives, elementary backstroke, underwater object recovery and finning. Rotary breathing is refined, breaststroke is introduced, treading water and safety skills are covered. **For further course information call the Somerset Valley YMCA at (908) 526-0688 or visit them on the web at www.ymcasomersetvalley.org.**

Cost: \$73.00 per session checks made payable to "Somerset Valley YMCA"
If you are signing up for more than one child or session, separate checks and forms are required.

Days and Times:

<u>Mondays</u>	<u>Wednesdays</u>	<u>Fridays</u>	<u>Saturdays</u>
10:00-10:30am Parent/Child	3:00-3:30pm Beginner	9:00-9:30am Intermediate	8:30-9:00am Intermediate
10:30-11:00am Parent/Child	3:30-4:00pm Intermediate	10:00-10:30am Beginner	9:00-9:30am Advanced
11:00-11:30am Beginner	6:00-6:30pm Beginner	11:30-12:00pm Beginner w/Parent	9:00-9:30am Parent/Child
3:00-3:30pm Beginner	6:30-7:00pm Beginner	3:00-3:30pm Beginner	9:30-10:00am Beginner
3:30-4:00pm Intermediate		3:00-3:30pm Intermediate	11:30-12:00pm Beginner w/Parent
4:00-4:30pm Beginner		3:30-4:00pm Intermediate	
6:00-6:30pm Beginner		3:30-4:00pm Advanced	
6:30-7:00pm Beginner			
7:00-7:30pm Intermediate			

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

In-Person Registration for Bridgewater Residents only begins on Thursday August 12, 2004 from 7:00pm to 10:00pm at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road). Registration will continue during regular office hours (9am to 5pm Monday through Friday) until the classes are filled. Proof of Bridgewater Residency is required at the time of registration. For registration information call the Bridgewater Recreation Department at (908) 725-6373.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

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2004 Pre-School Swim Lessons – Session #3 **\$73.00 Bridgewater Residents only – "Somerset Valley YMCA"**

Last First

Name: _____ Name: _____

Mailing

Address: _____ Town: _____ Zip: _____

Home Work/Cell Emergency contact #

Phone #: _____ Phone #: _____ other than #'s listed: _____

Date Age as of Circle

of Birth: ____/____/____ 1/3/05: _____ Gender: Male or Female

Check Session:

<u>Mondays</u>	<u>Wednesdays</u>	<u>Fridays</u>	<u>Saturdays</u>
<input type="checkbox"/> 10:00-10:30am Parent/Child	<input type="checkbox"/> 3:00-3:30pm Beginner	<input type="checkbox"/> 9:00-9:30am Intermediate	<input type="checkbox"/> 8:30-9:00am Intermediate
<input type="checkbox"/> 10:30-11:00am Parent/Child	<input type="checkbox"/> 3:30-4:00pm Intermediate	<input type="checkbox"/> 10:00-10:30am Beginner	<input type="checkbox"/> 9:00-9:30am Advanced
<input type="checkbox"/> 11:00-11:30am Beginner	<input type="checkbox"/> 6:00-6:30pm Beginner	<input type="checkbox"/> 11:30-12:00pm Beginner w/Parent	<input type="checkbox"/> 9:00-9:30am Parent/Child
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<input type="checkbox"/> 6:30-7:00pm Beginner			
<input type="checkbox"/> 7:00-7:30pm Intermediate			



Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature _____ Date _____